



NEWS LINK



From the Executive Director's Desk

by Shari

As we enter into a new year we leave the old with many fond memories. I feel especially nostalgic as we approach CISS' twenty-year anniversary, which will be July 3rd 2010. In the beginning we had one program that supported seventeen individuals who moved from Woodlands Institution into the community, really it was the tail end of institutionalization in BC. As we learned how to support individuals in a new environment we gained expertise in community living supports. Many years later we are again in a transition of helping individuals become full citizens through real pay for real work. Our success has aided several individuals to gain employment and we know that we have only just begun our work. Our goal is to assure that anyone who wants to work can. Working alongside of other organizations like; Community Living BC and British Columbia Association for Community Living we know that we will meet this goal together.

Although 2009 was a challenging year with the impact of the economy we were able to keep our heads above the water and still provide exceptional services to our consumers. Our staff worked hard at providing the right kinds of supports and assured that all of our community based programs continued to be successful.

Our fundraising efforts were admirable in 2009 with our Family Fun Fair event being moved to a weekday. The most value that came from this event was that all of our consumers were able to attend along with their support staff. All people, in attendance, enjoyed music provided by Quentin and his family. In 2009 once again each program did mini fundraising activities, which helped offset the costs of running the Family Fun Fair, this helped the event have a modest profit at the end. One outstanding fund raising project was our very first CISS Cook Book. The staff worked hard at putting together a range of recipes however we still have many copies left that need to be sold so that we can meet our target. If you are interested in buying a copy please call the head office at 604-461-2131. If you didn't get a copy for Christmas make sure you buy one for Easter or Mothers Day, the ladies in your life will really enjoy the recipes. Our most successful fund raising event in 2009 was the Unwrapped Event at Coquitlam Center. The reason for the success was there were no overhead costs, to participate all we had to do was sell \$10.00 tickets and we received 100% of the ticket sales. This event will be our main focus in 2010 so make sure that you keep your eyes open for the release of tickets in October 2010.

The most exciting news for 2009 was the introduction of the RDSP for individuals with disabilities. We are excited to report that several of the CISS consumers and families have taken advantage of this rare opportunity, congratulations.

2010 will be a year to remember with lots of celebration, be sure to keep your ears and eyes on bulletins and our website as we announce our plans for our 20 year anniversary celebration.

In summary, I thank all of our consumers, their families, our employees and volunteers for making CISS a great place to work and play and learn.



Health & Safety

By Cynthia



Under our busy footsteps grow buds of Spring renewal. Even the pussy willows are transforming, now that winter is coming to a close – evidence that we survived winter! Hopefully we find ourselves safe and warm, able to smile both on the inside as well as the outside. Our physical health is just as important as our mental health, and being able to smile reflects how we feel on the inside. Feeling good and well involves so many more factors than many of us consider – for example, our immune system counts on us to not only wash our hands and eat nutritious food, but also for us to enjoy positive interactions with our surroundings. Have you ever heard the expression, “Take time to smell the roses”, or, “Laughter is the best medicine”? I urge you to nudge the individuals next to you, and ask them when the last times that they made someone smile, cracked a joke, or appreciated a sunset, (or simply enjoyed savouring a cup of tea!). Every safe footstep forward in life is measured by our health and wellness, and how active we are in helping others as well as ourselves achieve this goal. So, remember to share your smile when you aim to improve your health this season – it might just make a difference in someone else's life and improve some team spirit. After all, laughter is something that is contagious in a positive way, and will also keep the “doctor away,” just as much as an “apple a day!”



What's New at CISS?



At Port Moody IDS

By Lee

Wow! The start of another new year, where does the time go? Time to get back to work after the holiday season, time to get back to healthy eating and time to work on new goals. Thank you to the Kyle Kitchen team for successfully serving 50 seniors a Christmas Lunch on December 8th. The feedback I received was wonderful. The seniors look



forward to this event every year and it just keeps getting better and better! Krista moved on November 1st and seems to be settling in ok. Brian and Jesse were successful in obtaining a second part time paid position, way to go! John and Geoff are volunteering at Rogers video one day per week which will turn into paid work once probationary period is over and Kerry has been enjoying an extra long vacation and returns in February. ISP (Individual Service Plans) are either complete or coming up and many are making paid employment part of their new goals for 2010. This is an exciting time as our economy turns around and jobs become available. If you would like a paid job, talk to your staff and/or Program Manager and let us help!

At Inlet

By Mary Joy

It's so hard to believe that it is January 2010. Where does the time go? Everyone enjoyed themselves at the annual Christmas party and is ready to move on to bigger and better things. Welcome back to Cynthia, and welcome to our newest staff member, Michelle Gadbois who is in a permanent part time position. Derek continues to love his job at Eastside Mario's, His boss said he is a very hard worker and they are happy to have him. Corene and Shelley continue to work hard at their office jobs at CISS and a few people, staff and participants, are working on an exciting scrapbook project. Inlet would like to wish everyone a very Happy and Prosperous New Year!

At North Vancouver

By Nicole

Winter is here thought it is hard to tell at times. We may have not had our white Christmas, but at least there have been no program complications due to heavy, or any, snowfall as of yet (that one day with the two snowflakes you are thinking of does not count). Everyone who attended the office Christmas party and the Grouse Mountain trip made it I in one piece and had a great time. As for arts and crafts, consumers continued to work on their projects at Kathy's ceramics shop. Barb worked on a stein (giant mug) for her brother, Melissa made a cat for herself, and another consumer worked on a Christmas tree ornament. In terms of work and volunteer experience, one hardworking consumer continues to be a diligent employee at McDonald's, and is looking to expand his repertoire of skills in a new paid job. Scott, Melissa, and others are still birdseed bagging in the barns of Maplewood Farms (with a heater of course!). Speaking of Maplewood, this farm was also the chosen venue for the hot dog stand that would provide more paid jobs for consumers. However, as we have experienced an obstacle with this location, we are now seeking a new spot from which to launch this project. Who got older and who bid adieu, do you ask? We had one consumer who celebrated her birthday in December, and we wished good luck to one of our staff, Ed, after two years of service.

At Port Moody IDS

By Wendy

Here we are in the new year already! The Vancouver Olympics are just around the corner, and many people are getting very excited! We wish to welcome Navjit to our team in a temporary part time position, and thanks to Hallan for filling in for the same position last year. We hope to see Hallan soon for some casual shifts though.

Many of the people we support took some vacation time off during Christmas, and we welcome them all back. It is good to see their happiness and enthusiasm when they return. Congratulations to Chantal for securing a paper route job in the Coquitlam area. I hear she is really enjoying it! Lee and Ashish are now in a part time paid position at Rogers Video too. Way to go! The staff continues to assist everyone with their resumes, research jobs, and talk to each other on who may be hiring. Help us out if you know of anyone in the community who may be hiring...we have some great people who would do some great work, given the opportunity!



Gardening Tips from Ms. B's



By Brenda

Hello Winter Gardeners:

Now it's starting to feel like winter but officially winter is December 21. It's also the shortest time of the year. Mother nature has blanketed our plants with frost and it's breath taking, isn't it? Your Christmas cactus should have started blooming and don't forget to water them not too dry, but not too wet. Decorating outside on your front porch with Pine, Holly with or without the berries and some winter pansy brings life during the winter months. Now for inside, get your kids involved in this project by getting a force bulb(s) kit from your local gardening store or you and make one yourself. All you need is paper, white bulbs or Hyacinth (because of their fragrance.) A glass container and some river rocks, white stones or glass rocks fill the container half full of the rocks, place the bulb on top and fill the container half full of water. Don't forget to water maybe once a week, keep an eye on the water level and enjoy the wonderful smell of the flowers throughout the holidays. This can be done any time, so enjoy. From Ms B's garden Merry Christmas from my family to all of yours, Peace and best wishes for 2010. See you all in the spring.

ICE SKATING EVENT



By Katrina

You Tube – “Black Eyed Peas, I Got a Feeling on Oprah Chicago 24th Season”

<http://www.youtube.com>

This was very entertaining to watch. Keep your eyes on the young lady in the blue top in front of the stage. What's she up to?

You Tube – CBC Special Olympics Commercial

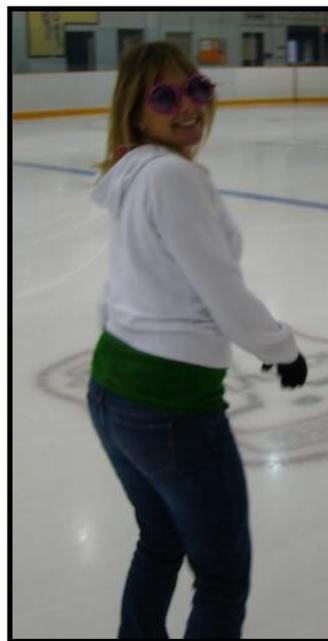
<http://www.youtube.com>

A good example of inclusion.

Puzzles

<http://www.jigzone.com>

If you enjoy doing puzzles this is the site for you. You can challenge yourself in many ways.





Fun Activity Page



Unscramble the Words Answers on Pg. 9

Unscramble the letters to make proper words. Put the letters that are in brackets together to form a word.

1. NETWNIR _____
2. LIBZRAZD _____
3. ERZEFE _____
4. HLILC _____
5. SFORT _____
6. NASWOMN _____
7. KTISAGN _____
8. LDDSEgni _____
9. OCACO _____
10. NSTMITE _____

Tongue Twisters

1. Dry Slope Skiing

Di dry skis on a dry ski slope
 Dry slope skiing on a dry ski slope
 Slalom skiing on a dry ski slope



2. Weather



Whether the weather be fine
 Or whether the weather be not,
 Whether the weather be cold
 Or whether the weather be hot,

We'll weather the weather
 Whatever the weather,
 Whether we like it or not.

3. Poppy's Frothy Coffee

Poppy makes rather frothy coffee
 In a proper copper- bottomed coffee pot.
 For a proper copper-bottomed coffee maker
 Keeps rather frothy coffee properly hot.



Jokes to Tickle your Funny Bone

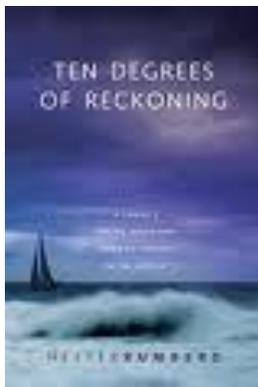
- | | |
|--|--|
| <ol style="list-style-type: none"> 1. What is in the middle of March? The letter R! 2. What is the difference between a truthful person and a liar? One lies when he sleeps, the other lies all the time. 3. Where do snowflakes dance? At the Snowball. 4. What did the laundry man say to the impatient customer? "Keep your shirt on!" 5. What criminal doesn't take baths? A dirty crook | <ol style="list-style-type: none"> 1. What did the farmer use to cure his hog? Oinkment (ointment). 2. What is dark but made by light? A shadow 3. What did the shirt say to the pants? Meet me at the clothesline. That's where I hang out. 4. What goes up but never comes down? Your age 5. What turns everything around but doesn't move? A mirror |
|--|--|

Sources are from the books: 1. Teasing Tongue Twisters 2. The Biggest Riddle Book in the World – Joseph Rosenbloom

Book Review:
Ten Degrees of Reckoning by
Hester Rumberg

By Nicole

If you can handle a bit of a tearjerker that leaves you with a positive up-beat message then this is the book for you. It is a true story about a family of four who set out to cross the Pacific Ocean in their boat.



Unfortunately a terrible incident disrupts their adventure and tests the family's will to survive. A very compelling read.

Staff Christmas Party



Consumer Spotlight

By Garciela



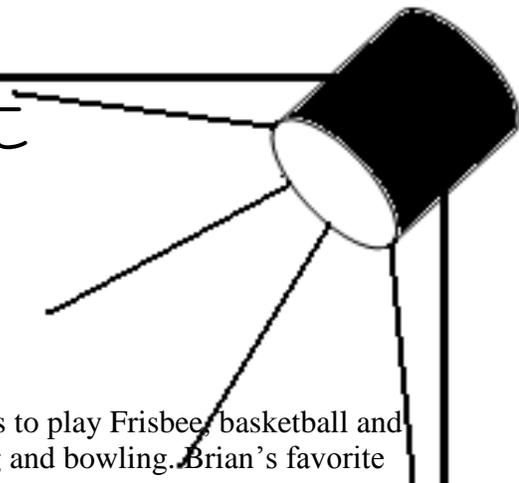
Name: Brian

Years with CISS: 15

Employment: Brian likes to play Frisbee, basketball and pool. He enjoys dancing and bowling. Brian's favorite foods are spaghetti and chili and hot chocolate in the morning. Brian is a huge Canucks fan and will often remind people when they are playing.

Enjoyments: Brian likes to play Frisbee, basketball and pool. He enjoys dancing and bowling. Brian's favorite foods are spaghetti and chili and hot chocolate in the morning. Brian is a huge Canucks fan and will often remind people when they are playing.

Favourite Music: Favorite music and movies: Brian likes 80's music and listens to Jack FM. His favorite movies are Breakfast Club; MASH; Annie and Rocky.



SUGGESTION BOX

By Shari

CISS Annual Christmas Banquet: The suggestion: Christmas Banquet – CISS. Instead of Banquet – have “goodies” in early afternoon; stockings with small gifts and candies, etc. for consumers, musician at Kyle Centre or Place Maillardville, etc. in a familiar setting.

For many years CISS has tucked away funds to have a celebration with all of our stakeholders: consumers, family members, volunteers and employees. This event is one that we join together and enjoy good food, good music and good company and we are able to get dressed up and be waited on. For many people this is their social event of the year. The suggestion would be to scale back on the event and I understand from a private discussion that the idea would be to save the money and put it towards future endeavors like our new building fund. This is a decision that I cannot make on my own but will definitely ask that others contribute their view through our suggestion box so that I can get a general feeling from everyone involved. Of course I also need to fully discuss this suggestion with our Board of Directors and will add it to the agenda in January 2010. In the meanwhile everyone needs to voice their opinion and can do so through the suggestion box or through their Program Manager contact at CISS. Upon review of the feedback and in consultation with the board I will update the result in the next newsletter. Thank you for the suggestion you have made a very selfless recommendation.



Parking Lot: The suggestion is To ask the building manager to post a sign outside of the head office building letting the smokers know where an appropriate place to smoke away from the door would be – assuring that smokers are not standing right at the front door.

Yes, you are right; people shouldn't smoke near the front door and I believe that from the conversation we had it was other tenants in the building. We have already asked the building manager/owner to put a one-way traffic sign in the rear of the building, a temporary parking sign in the front of the building and we will definitely add this signage to the list. I thank you for your recommendation and encourage you and others to ask the smokers to move further away from the door, we have great neighbours who may not even realize that they are infringing on the shared space. Thank you

Consumer Event: The suggestion is To rent a movie cinema, everybody can enjoy unlike ice-skating – most staff can't skate! * Inclusion*.

The Social Committee planned several events this year for the consumers and the staff and one of the events was a skating event. There was quite a bit of conversation happening regarding the event and one was about inclusion. This event was intended to be one that most people would enjoy and for those who didn't want to skate they were able to join in on the pizza party. A way to influence the decisions of the Social Committee event planning would be to either join the committee or give the committee feedback; every team is represented on the Social committee. Like all events not everyone is interested or able to attend that is why there were a range of activities offered throughout the year like: the Vancouver Game Farm where only those who liked animals would attend and the Gross Mountain trip where only those who enjoy heights and snow would attend. The movie suggestion is a great one for those who enjoy movies I will certainly pass this suggestion off to the Social Committee. Thank you

Hangers or a Coat Rack in Staff's room (head office): The suggestion is that Staff are constantly moving through the computer room and photocopying room, staff room, etc and need to carry their belongings with them (especially the female staff with their purses). Because there isn't an appropriate place to store them most of the staff do not think it is safe to hang their belongings on the coat rack located in the lobby.

Yes, the space at the head office is very limited and I want to thank you for your patience until we move. In the meanwhile I will look for a solution so that staff can safely put their purses or other personal belongings while they are in the office doing their administrative duties.

Thank you for your ideas. The suggestion box is located on every site and is open to anyone whom wishes to make a suggestion.

Generalized Anxiety Disorder (GAD)

By Andrea

The Diagnostic and Statistic Manual (DSM - IV) diagnoses GAD as a disorder in which the sufferer has had at least 6 months of 'excessive' worry in a variety of circumstances. Difficulty controlling this anxiety may mean one struggles to relax or cope with these feelings. A person must have 3 more of the following symptoms: feeling wound-up, tense, or restless, easily becoming fatigued or worn out, concentration problems, irritability, significant muscle tension, and/or difficulty with sleep. These symptoms must cause 'clinically significant distress' (based on the opinion of a qualified professional) and cannot be due to medical reasons or substance use. While some people are able to maintain a high level of functioning, those who are unable to cope are more likely to seek help.

Cognitive behavioural therapy (CBT) is a psychological therapy used to treat those with GAD. This therapy helps a patient understand how thoughts and feelings affect their behaviour. Negative thought patterns leading to anxiety are replaced with more positive and realistic thoughts to equip the sufferer with better skills to cope in anxiety-provoking situations. Pharmaceutical treatment includes the use of SSRI's (antidepressants).

Seniors Christmas Lunch



WD-40

WD-40 was created in 1953 by 3 technicians at a San Diego Rocket Chemical Company. They were looking to create a rust preventative solvent and degreaser to protect missile parts. "WD" stands for "water displacement" and "40" was their fortieth formulation which ended up being the successful compound as we know now. WD-40 can be used for many more things than just degreasing and rust prevention and there is nothing in the product that can harm you, as the basic ingredient is fish oil. Here are some other uses for the product:

1. Try it on your stovetop and it will be shinier than you have ever seen before.
2. It protects silverware from tarnishing.
3. WD-40 will remove tar, grime, bug guts and paint from your vehicle.
4. Loosens stubborn zippers, untangles jewelry chains, lubricates guitar strings and will remove burnt on food from your BBQ grill.
5. Apply some WD-40 to your floor and they will have that just waxed shine without making them slippery.



6. Spray some WD-40 on your bait or lures when you go fishing and you will be catching "the big one" in no time – fish love it.
7. WD-40 is great for removing crayon marks off walls, removes lipstick and tomato stains on clothes.

8. WD-40 keeps your bathroom mirror from fogging up and will clean a spotty shower door.
9. If you have a sticking window at home spray WD-40 in the track and it will make it easier to open.

10. WD-40 stop squeaks in electric fans, lubricates belts on washer and dryers to keep them running smoothly, keeps rust from forming in saw blades and other tools and removes all traces of duct tape.



11. Removes black scuff marks off flooring and won't harm the finish.
12. People have even been known to spray it on their joints to relieve arthritis pain.

Before you give up on finding the right product to answer your household dilemma try WD-40 and you never know it just may work!

(This article was taken from an email I received called "Miracle in a Can")

Consumer Survey Results

By Shari

I will begin this article with an apology that I forgot to share the results of the consumer survey in the last newsletter. In order to assure that this doesn't happen again the Newsletter Committee have added this item to the schedule of regular items as a reminder. Over the past six months (July 1 – December 21, 2009) seventeen people have completed their survey following their ISP meeting. All seventeen people got help to fill out the survey, eleven people from their family or caregivers and six from their CISS support staff. One individual responded Terrible to five out of six questions but did not comment in any of the three questions that required detail. The majority of the respondents answered Awesome when they were asked questions relating to their support staff and program manager.

The measuring range for the survey was: Awesome or Okay/Good or Terrible which was demonstrated through face symbols (see our web site www.communityintegration.org for a view of the survey tool).

Responses:

1. The social committee plans parties that I like: Awesome 6, Okay/Good 9, Terrible 2
 - a. List ideas of events you want to participate in: more barbeques, petting zoo, bowling party at Rev's, garage sale and trip to Grouse Mountain
2. I like the programs that I do at my day program: Awesome 7, Okay/Good 9 Terrible 1
3. I get to set my own individual goals at my ISP meeting: Awesome 7, Okay/Good 10 Terrible 0
4. I get to try new things at my day program if I want: Awesome 6, Okay/Good 10 Terrible 1
5. I like the way my staff help me at the day program: Awesome 10, Okay/Good 6 Terrible 1
6. My program manager listens to my complaints: Awesome 10, Okay/Good 6 Terrible 1

Responses to the question:

What do you like the best about CISS?

Three people did not respond to this question, two people stated - I don't know, fun things we do, my friends and doing what I like to do, friendly staff, staff /programs, I get to see my friends, the flexibility of the day program, the wonderful staff/support workers, staff, bowling, baking program, shopping and other volunteer jobs, being with my peers, my friends, social, dancing, working with animals, support staff at CISS, Coffee house – music, Yoga, swimming, having a staff to myself, going for walks on trails, lunch at the park, shopping, good people, picnics, music therapy, Christmas Party.

Responses to the question:

What do you not like the best about CISS

Six people did not respond to this question, three people said I like everything, two people said nothing to this question, when there are not enough staff to take me out, when I don't leave the program location as much as I want to, a couple of male peers, waking up early for program, bathrooms are dirty, not exactly about CISS – just problems that occur when resources are not available e.g. when a library is very busy or when computers at a library are all occupied or not working or software cannot be installed, bossy clients, stuff I'm not interested in doing.

Answers from Fun Page

1. Winter
2. Blizzard
3. Freeze
4. Chill
5. Frost
6. Snowman
7. Skating
8. Sledding
9. Cocoa
10. Mittens

BECOME A MEMBER OF CISS

CISS would like to present to you, the stakeholders, and the opportunity to become official supporters of the society. You are invited to become a member of the Society today.

As a **Member of CISS** you will enjoy the following benefits:

- Voting privileges at our Annual General Meeting
- Subscription to Newslink, our quarterly newsletter
- Invitations to society events:
 - Annual Christmas Party
 - Annual Barbeque
 - Special Events



The annual fee for a membership is \$20.00. For more information please contact us at 604.461.2131 or email Shari at shari.mahar@communityintegration.org. Membership forms are available for download: www.communityintegration.org.

BRAVOS

To: Katrina Lund

From: Bobbie and Linda

Reason: Making sure everyone could join in the fun of dressing up on Halloween Coffeehouse. She brought enough fun hats for everyone!

To: Male Staff

Department: IDS/LS

From: Gracie

Reason: Helping out at Kyle Kitchen during the H1N1 staff development.

To: Angel

From: Bobbie

Reason: Taking initiative and picking up garbage outside front of office.

To: Gracie

From: Lee

Reason: All her hard work at Kyle Kitchen.

To: Katrina and Renee

From: Lee

Reason: All their extra work/research and passion regarding employment.

To: Andrea

From: Kahir

Reason: For attending a Christmas concern one evening on her own time, in which two consumers were apart of. Andrea did this without any need for recognition, and this meant a lot to both consumers.



CISS COFFEEHOUSE, COME JOIN THE FUN!



Thursday
12:15 - 1:30 p.m.



Place Mallairdville
1200 Cartier St.
Coquitlam

\$2.00 admission
concession also available
(coffee, pop, chips)



Live Music



Door Prizes **Dancing**



Opportunities to
Socialize



Volunteer



At CISS we contribute to our communities through volunteering in many different ways. For the months of October, November, and December 2009 we donated 527.5 hours to the following:



Maplewood Farms, North Shore Bowl, Pemberton Office Complex, Share Society, Calvary Church, Bottle Recycling, Lady of Fatima Church, Church cleaning, Neighbour Link/Share, Coquitlam Animal Shelter, Archbishop Carney School, Coquitlam Animal Shelter, Costco shopping, Eagle Ridge Church, Friendship Baptist Church, Java With Friends Coffee House, Kyle Kitchen Senior Lunch Program, Fatima Church, Lions Care Centre, Central Elementary School.



In Appreciation of Eastside Mario's

Employment not only gives us the means to have a better life but it also creates a feeling of being a productive member of a society. It enhances our self-esteem and confidence. This lack of self-esteem and confidence is even more dramatic in members of society that are physically or mentally challenged. One of our consumers was going through the same feeling of helplessness when he was bestowed with the opportunity of making something of his life. And the organization that made it possible was none other than the owner of the Eastside Mario's` an Italian eatery in the Coquitlam Centre area.



Eastside Mario's` - the name sounds familiar since we just had our Christmas dinner there and who can forget the amazing spread they had. The owner, Walter, has been extremely helpful and generous in accommodating our consumer Derek as one of the dishwashers in their restaurant. He has truly been a role model and a champion of equal opportunity amongst our population. What is commendable is Eastside Mario's` commitment towards giving opportunities to people with disability and thereby helping them integrate better in society. This is what our vision as an organization is! The staff at the Eastside has been flexible and understanding of Derek's` needs and challenges as a worker. They have put up with countless hours of Derek's` absence due to his disability and their patience and non-judgmental attitude is worth applauding! We as an organization should consider us lucky to have employers like Eastside in the community who are setting up such a great example and we hope other organizations will emulate and follow. Our consumer, who as it is, deals with so many different challenges on a daily basis deserve a working environment where they are not being discriminated or judged. And that environment i can safely say is provided by the Eastside Mario's` staff and the management.

Derek started working at the Eastside since the 1st of April and for me, as his key support worker, there has been an amazing change in his attitude towards life. He seems happier and considers himself lucky to be able to have his own income, which in turn gives him the freedom and the confidence to spend it as he pleases.

In conclusion, to laud the vision of restaurant such as Eastside Mario's` that incorporates a commitment of community building and be willing to offer an opportunity and create an environment for those who are less fortunate than others in having significant physical or mental challenges.

We need your support

Please support CISS by donating to our 2009 fundraising campaign.

Name: _____

Address: _____

Postal Code: _____

Phone: _____

Enclosed is a cheque or money order (made payable to Community Integration Services Society) for the amount of:

\$25 \$50 \$100 other _____

Your charitable receipt will be sent to the above address.

Thank you for your contribution!

Members of the Newsletter Committee include: Mai-Lan, Andrea, Katrina, and Wendy

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If you would like to submit an article, picture, or creative work e-mail your submission to: wendy.langridge@communityintegration.org

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